## IN THE CLAIMS:

Please amend the claims to read as follows:

1-18. (cancelled)

19. (currently amended) A method for anchoring a wall of a building, the method comprising:

providing a first member and a second member spaced apart and oriented vertically to support
a structure:

providing a hold-down having a first flange, a second flange, and a base having an aperture to admit an anchoring device;

securing the first flange to a first the first support member;

securing the second flange to a second the second support member to stabilize the first and second support members;

admitting the anchoring device through the aperture in the base; and tightening a fastener on the anchoring device to load the first and second flanges in tension.

20. (currently amended) The method of claim 21, wherein the first and second flanges have with a plurality of securement apertures.

- 21. (original) The method of claim 20, wherein securing the first and second flanges to the first and second support members, respectively, comprises admitting a securement mechanism through a securement aperture and into the respective support member.
- 22. (original) The method of claim 21, wherein the securement mechanism is admitted from a location that is not co-linear with the first and second support members.
- 23. (original) The method of claim 22, wherein the securement mechanism is selected from the group consisting of a nail, a rivet, a staple, and a screw.
- 24. (original) The method of claim 23, wherein the first and second flanges are secured to proximal surfaces of the first and second support members without accessing the distal surfaces of the first or second support members.

25-27. (cancelled)

## 28. (new) A method comprising:

selecting a wall having a first stud, a second stud spaced from the first stud, and an anchoring device extending between the first and second studs;

providing a hold-down having a first flange, a second flange, and a base having an aperture extending therethrough;

admitting the anchoring device through the aperture in the base;

securing the first flange to the first stud;

securing the second flange to the second stud; and

tightening a fastener on the anchoring device to load the first and second flanges in tension.

- 29. (new) The method of claim 28, wherein providing a hold-down further comprises providing a hold-down having a first flange with securement apertures extending therethrough.
- 30. (new) The method of claim 29, wherein providing a hold-down further comprises providing a hold-down having a second flange with securement apertures extending therethrough.
- 31. (new) The method of claim 30, wherein securing the first flange to the first stud comprises inserting selected fasteners through selected securement apertures in the first flange and into the first stud.

- 32. (new) The method of claim 31, wherein securing the first flange to the first stud comprises inserting nails through selected securement apertures in the first flange and into the first stud.
- 33. (new) The method of claim 32, wherein securing the second flange to the second stud comprises inserting nails through selected securement apertures in the second flange and into the second stud.
- 34. (new) The method of claim 33, wherein providing a hold-down further comprises providing a hold-down wherein the first flange has a first end and a second end, the second flange has a first end and a second end, and the base connects the first end of the first flange to the first end of the second flange.
- 35. (new) The method of claim 34, wherein providing a hold-down further comprises providing a hold-down wherein the first flange, second flange, and base are homogeneously formed from a single piece of stock material.
- 36. (new) The method of claim 35, wherein providing a hold-down further comprises providing a hold-down having an insert positioned adjacent the base to resist bending thereof under loads applied to the hold-down by the anchoring device.

- 37. (new) The method of claim 36, further comprising placing a shrinkage compensator between the base and the fastener.
- 38. (new) The method of claim 28, wherein providing a hold-down further comprises providing a hold-down wherein the first flange, second flange, and base are homogeneously formed from a single piece of stock material.
- 39. (new) The method of claim 28, further comprising placing an automatic take-up device between the base and the fastener to compensate for shrinkage.

40. (new) A method comprising:

selecting a structure having a first support member, a second support member substantially parallel to the first support member and spaced therefrom, and at least one tie rod extending between the first and second support members;

providing a hold-down having a first flange, a second flange, and a base having at least one aperture extending therethrough;

admitting the at least tie rod through the at least one aperture in the base;

nailing the first flange to the first stud;

nailing the second flange to the second stud; and

tightening at least one fastener on the at least one tie rod to load the first and second flanges in tension.

41. (new) The method of claim 40, wherein selecting a structure having first and second support members comprises selecting a structure with first and second horizontal support members.